

# Vaping and E-Cigarettes

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# Health Concerns

- Nearly 40% of high school seniors and 27% of high school students overall in New York vape, according to the State Health Department.
- As of Oct. 1, public health officials are investigating 1,080 cases of breathing ailments and lung illnesses that are believed to be related to e-cigarettes, including more than 100 in New York State and nearly two dozen on Long Island, according to the CDC. More than 40% of the victims nationwide are under the age of 21.
- The sale of flavored e-cigarettes has been linked to at least 22 deaths and more than 1,000 cases of breathing ailments and lung illnesses across the country.

- Newsday, October 9, 2019

# Quick Facts about E-Cigarettes

- E-Cigarettes are the most commonly-used tobacco products among adolescents. In 2018, 21% of high school students and 5% of middle school students reported having used e-cigarettes in the last 30 days. This represents an increase of 1.5 million youth from 2017-2018.
- E-Cigarettes contain a liquid solution that is usually flavored. Flavors, which are appealing to children, can include fruit flavors, candy, coffee, piña colada, peppermint, bubble gum, or chocolate. E-Cigarette solution contain nicotine and other compounds such as tin, lead, nickel, arsenic and antifreeze.
- JUUL became available for sale in the United States in 2015. As of December 2017, JUUL is the top-selling e-cigarette brand in the United States; it currently has a 70% market share of all available devices.
- All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.

From the CDC and the American Academy



# Port Jefferson School District Educational Initiatives to Raise Awareness: 2018 -2019

- “The Real Facts on Vaping and E-Cigarettes” presentation by Stephanie Sloan – Suffolk County Division of Community Mental Hygiene Services – PE Classes Grades 6 - 12
  - Parent Presentation: January 11, 2018
  - PE Classes: January 29, 2018 and February 2, 2018
  - PE Classes: March 26, 2018 and March 28, 2018
- “The Ugly Truth” – Suffolk County Police Department - Parent/Student Presentation – November 26, 2018
- Peer Leadership Training – “Vape Out” Program – Suffolk County Department of Health - December 2018

# Port Jefferson School District Educational Initiatives to Raise Awareness: 2018 -2019

- Installation of Fly Sense Vape Detection devices in High School and Middle School Bathrooms – January 2019
- Peer Leaders Class Visits
  - Peer Leaders visit 8<sup>th</sup> grade classes to discuss Vaping – June 2019
- Health Classes
  - 7<sup>th</sup> and 10<sup>th</sup> Grade Health Lessons incorporate lessons about Vaping as part of the curriculum.

# Next Steps: 2019-2020

- Health Classes - Include information about vaping in the tobacco lesson in Grades 4 and 5.
- Continue to use peer-to-peer education, particularly with the middle school students.
- Collaborate with the Suffolk County Health Department to implement programs to treat students for their addiction as a restorative justice measure instead of out-of-school suspensions.
- Parent/Community Educational Forum on November 20, 2019 through the Suffolk County Department of Health Services.
- Student Educational Assemblies (Grades 6-12) on November 21, 2019 through the Suffolk County Department of Health Services.
- Collaborate with Stony Brook State University researchers to learn more about the vaping habits of high school and middle school students.
- Panel discussion with SUSB staff, school personnel, and Port Jefferson Village representatives.

# Stony Brook State University – Vaping Focus Groups Description

- “Many different approaches have been taken by schools to address the issue, including consequences such as suspension (short and long-term) and fines. Some schools have installed vaping sensors to act as deterrents. Most schools have implemented informational preventive sessions with educators and health personnel. In some schools students have formed peer groups to educate others. *To date, there are no evidence-based approaches to address vaping in schools.*”
- “In the proposed study, we will conduct focus groups of middle-school and high-school students in local school districts in order to gather input from the adolescent perspective regarding what has and hasn’t worked to address vaping in the schools.”

# Logistics of the SUSB Study

## Subjects:

- Middle and high school students who agree to participate in the study and whose parents provide permission for participation.

## Recruitment/informational session:

- Researchers will work with schools to provide sessions for parents to explain study in detail and to answer questions/provide information about it.
- Permission slips will be sent to all parents of eligible students in grades 8, 10 and 12.

## Locations for focus groups:

- Ideally, focus groups are held with 4 – 6 students and two facilitators. We anticipate that one school teacher/staff will need to be in the room with students and SUSB staff. This could take place in a health class or gym class.

## Time for focus groups:

- Focus groups will take place within a class period.

## Structure/content of the Focus Groups:

- Permission will be obtained for student participants.
- No names will be collected on data forms as this will be a completely anonymous study.
- Discussions will be recorded for transcription and then recordings will be destroyed.
- Within the small groups, one study person will ask questions and the other will transcribe/record the session.

## Reporting back to school:

- Once data is analyzed, researchers will report back to schools what they have learned about their understanding of vaping and what they think has worked or might work in the future to address vaping in the schools.

# Resources

[CDC: Centers for Disease Control & Prevention](#)

[E-Cigarettes: Talk to Youth About the Risks](#)

[How To Talk With Your Kids About Vaping](#)

[Vaping: Dangerous, Available & Addicting](#)

**Vape Product Hotline 1-800-232-4636**



Comments/ Questions